



The best activities guide around!

FEBRUARY 2010



FMWRC Texas Hold'em – 6th, 13th, 21st
Super Bowl Party – 8th
CZCC Valentine's Day Gourmet Dinner – 14th
CZCC Texas Hold'em – 20th
CZCC Mardi Gras Party – 20th
Bazaar – 27th, 28th

“See the Bugle for the advertisement”.



The U.S. Army Garrison, Japan (USAG-J), DMWR, Marketing Branch, produces the Zama Bugle. The Marketing Branch is located in Bldg. 102, B100 (Northeast Corner) South Camp Zama, Japan

Mention of corporate names in this publication does not imply endorsement by the U.S. Army or Federal Government of the United States.

DMWR strives to provide individuals with



disabilities reasonable accommodation, and are included in all

community recreation program planning, as appropriate for the activity. For further information, please contact the activity manager on accommodations.

ZAMA Community BUGLE

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THIS MONTH'S COVER

It's Super Bowl time again, and, this year's Super Bowl Party at the Camp Zama Community Club (CZCC) promises to be the best ever. Check out details on the back page about the game, the free breakfast buffet and mid-morning snacks, the numerous drawings and prizes and the appearance and performance of the Houston Texans cheerleaders who will also hold a Cheerleaders Clinic at the Zama Youth Center at 4:30 - 5:30 pm on 8 February.

We thought it would be good to give some equal time to our own High School Varsity cheerleaders who are on the cover of this issue. They are, left to right, back row: Saaya Koseki, Sharon Lee, Chanda Elliott, Jessica Avalos and Christina Wheeler; front row: Samantha Neyland, Toshino Carter, Maiko Beale, Victoria Reynolds and Erica Webb.

"If you are interested in becoming a cheerleader, contact youth services at 263-4500 for the details; 20 February is the deadline.

Photo by Mr. Richard Haun.

"See the Bugle for the advertisement".

NEW NARITA BUS SCHEDULE		
<i>Effective 1 February, one Narita shuttle bus will be discontinued due to budget constraints the new schedule is as follows:</i>		
Depart:		
Zama	0900	1300
SHA	0930	1330
Depart Narita:	1600	
	1900	(will wait until 2030 for late arrivals)
For more information, phone the Area Transportation Office at 263-3772		

Zama

Youth Center will be closed on 12 February (CYSS training) and 15 February (Presidents Day).



■ Child, Youth and School Services

• 263-4500 www.zamayouthcenter.org

YOUTH CENTER

• Youth Book of Records

Every 3rd Thursday (18 February) of the month the youth center offers you a chance to challenge other youths in a consecutive free throw, 3 point shootout, hula-hoop spins, pogo stick jumps, fastest rubic cube, wii homerun derby, and a sorting ball competition. The event starts at 3 pm. Come out and show us what you got.

• 6th Grade Happening

Thursday, 19 February. Attention all 6th graders from Arnn Elementary and Shirley Lanham Elementary! Join us at the youth center for our first "6th Grade Happening" of 2009 - 2010 school year. Come out and enjoy a night of fun, food, and

lots of entertainment. Join in the fun from 6 - 9 pm. The cost is \$2. Transportation will be provided from SHA Narita bus stop at 5:30 pm and Atsugi Theatre at 5:15 pm.

• Skiing and Snowboarding

Saturday, 27 February. Enjoy an exciting day of skiing and snowboarding at Iwaparra Ski Resort. The bus will depart the youth center at 4 am and will return at 9 pm. The cost, \$60, includes FREE ski or snowboard rental, transportation and free instruction from a trained professional. You must go to Outdoor Recreation for free equipment rental 7 days prior to the trip. Sign up at Parent Central Services, Bldg 533, directly behind the PX.

• U-Turn Program

The U-Turn Program is held every Tuesday and Thursday night from 5:30 - 8 pm. This program is designed to help youths get the help they need to succeed academically. The U-Turn Program is designed for youths to get peer tutoring; form study groups; get help with college preparation and career exploration; scholarships and financial aid ap-

THE HOURS OF OPERATION FOR THE ZAMA YOUTH CENTER ARE:

Monday - Thursday	1430 - 2000
Friday	1430 - 2200
Saturday	1300 - 2200
Sunday and Holidays	Closed

SKI & SNOWBOARDING

\$200

Shiga Kogen Ski Resort

13 - 15 February, 4 am - 10 pm

The bus will depart the Zama Youth Center at 4 am and will return at 10 pm. The cost, \$200, includes free ski or snowboard rental, transportation and free instruction from a trained professional, plus lodging, breakfast and dinner. You must go to Outdoor Recreation for free equipment rental seven (7) days prior to the trip. Sign up at Parent Central Services, Bldg 533, directly behind the PX.

plication assistance; and staff and volunteer support. A bus back to SHA and Atsugi will be provided at 8 pm from the youth center.

COMPUTER LAB

• ZTN (Zama Teen News)

Join us on our very own news show. Club members in grades 7 - 12 will meet every Tuesdays from 3 - 5 pm. You will learn how to film, edit and produce your own news show. The final product will be shown on our website and on the MWR TV channel. We are looking for youth anchors, reporters, camera operators, editors, and producers. Youths may join in at any time. Volunteers are needed to help make this program a success.

• Tech Club Meetings

Meetings are on Wednesdays from 3 - 4 pm in the tech lab. Tech team members are involved in photo taking, manipulation, movie making, web designing and community projects concerning technology and much, much more.

• Digital Arts Festival

This is a world-wide competition organized by the Boys and Girls Clubs of America. National winners will receive an all-expense paid trip to one of the top US cities in the summer

of 2010. The US city will be determined at a later date. Qualified age groups are 10 - 12, 13 - 15, and 16 - 18. All local winners will advance to the regional competition.

The local festival will be held at the CZCC in Eda's Room on 11 February. The showcase will be open to the public from 5:30 pm - 7 pm. Please come out and enjoy

digital artwork created by your local youths. For more information, you may look at our calendar on our website "www.zamayouthcenter.org" for more details about the activities. If you have any questions regarding anything to do with the youth center's Tech Lab activities, please call 263-4500.

IMAGE MAKER
techlab@zamayouthcenter.org

In February, the youth center's Tech Lab will provide an opportunity for members to participate in a photo competition organized by the Boys and Girls Club of America. This is true photography and no digital enhancements are done to the original photos. And, it is not just digital photography. You can enter black and white film or color film. If you are in alternative photography, such as pinhole photography, then that counts too. Get with the youth center staff to find out more about this competition.

If you have any questions, please call 263-8573.

Monday, 8 February, 4:30 - 5:30 pm at Zama Youth Center

**HOUSTON TEXANS
CHEERLEADERS CLINIC**

FOR WHOM: This is open to everyone - you do NOT have to be a cheerleader to attend. All interested youths (and parents are welcome.)

EXTRA: After the clinic, get an autographed photo of the cheerleaders or take your own photo.

..... FOR INFORMATION, PHONE 263-4066 OR 5995

MWR

SAS

AS "Before and After School Program". Are you looking for a place where your children can join other children in a fun learning environment? Come join the School Age Services "Before and After School Program".

■ School Age Services • 267-6013

••• SAS Program Hours •••

Regular	Monday - Friday	0630 - 0830 and 1500 - 1800
Early Care	Monday - Friday	0530 - 0630
Half Day School		0530 - 0830 and 1200 - 1800
No School Day		0630 - 1800
Before / After Program Hours		0530 - 0830 and 1500 - 1800

SCHOOL AGE SERVICES OFFERED THROUGHOUT THE YEAR

School Age Services (SAS) supplements the school schedule with a wide variety of after school activities for youths 1st - 6th grade. SAS offers care for "Before and After" school, Hourly Care Open Recreation Program, School Day Out and a Summer

Camp Program. The Before and After School program has options for before school only or after school only. Each of these options entitles program participants to full day care services during out of school periods, excluding federal holidays during the school year. Additionally, separate SAS Camps, when operated during winter and spring breaks for those patrons who normally do not require daily before and after school care. During the summer months, SAS operates a full day camp program over eleven, one-week sessions.

SAS FEBRUARY EVENTS

SAS February Theme: **Cultural Awareness**
(Black History and National Children's Dental Health Month)

SAS February Character Counts: **Respect**

- Thursday, 11 Valentine's Day Friendship Celebration (Half School Day)
- Friday, 12 Closed CYS Training Day
- Saturday, 13 1000 - 1600 Yokohama China Town (Super Saturday)
- Monday, 15 Closed Presidents Day (Holiday)
- Thursday, 17 1600 - 1700 National African American History Month
1700 - 1800 Parent Advisory Meeting (SAS Bldg, 337)
- Saturday, 27 1300 - 1630 Ginga Arena for Ice skating (Super Saturday)

PARENT'S ADVISORY COUNCIL (PAC) MEETING

Parents, come and support the "Parent's Advisory Council (PAC)" meeting. The PAC meeting is an opportunity for parents to provide input and have questions and concerns addressed. We meet every third Thursday each month in Bldg 337 at 5 pm. Child care is provided.

SAS PROGRAMS OFFERED



School Age Services (SAS) offers care for Before and After School with options for before school only or after school only.

- Full day care on school out days
- Winter/Spring/Summer Camps
- **Fun**astic Adventure for a day
- Half a day escape
- Creative play



"Super-Saturdays": Free Open Recreation activities every second and fourth Saturday for the community from 1 - 6 pm. All events guarantee fun for your children.

"Funastic Adventure Day": School Age Services will provide a day of adventure for your children on school out days from 8 am - 5 pm. Cost is \$25 per day.

"Half a Day Escape": School Age Services will provide care for your children on early release days from noon - 6 pm. Cost \$15 per day.

"Creative Play" (Occasional/Hourly Care): SAS will provide 12 hours of hourly care per month. Reservations must be made in advance. Cost is \$3 per hour.

- Breakfast, lunch and PM snacks served
- Activities include 4H clubs and BGCA activities, computer and homework lab, art activities, field trips, etc.
- All children must be CYS registered members.

To register your child or for more information, please stop by the Parent Central Services in Bldg 533 on Camp Zama, or call 263-4125 or SAS at 267-6013.



SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills

“See the Bugle for the advertisement”.

F

or more information concerning the Zama CDC programs and activities, please phone Denise Aguon at 263-4992.

■ Child Development Center • 267-6564

ZAMA AND SHA CHILD DEVELOPMENT CENTERS

- **Closed**
- * Friday, 12 February (CYSS In-Service Training)
- * Monday, 15 February (President's Day).
- **Strong Beginnings Program**
Monday - Friday, begins 1 February, 8 - 11 am (SHA CDC only).



- **Story Time (SHA Library)**
Tuesday, 2 February, 10 - 11 am
- **Bigz and Lilz Activities**
Friday, 5 February, 3:30 - 4:30 pm (Zama CDC only).
- **Red and Pink Day**
Wednesday, 10 February, all day
- **Valentines Cookie Decorating**
Thursday, 2:30 - 3:30 pm.
- **Story Time (Zama and SHA Library)**
Tuesday, 16 February, 10 - 11 am
- **PAC Meeting (Zama / SHA)**
Thursday, 18 February, Zama: 11:30 am - 12:30 pm, SHA: 4 - 5 pm
- **Bigz and Lilz Activities**
Friday, 19 February, 3:30 - 4:30 pm (Zama CDC only).
- **Story Time (Zama and SHA Library)**
Tuesday, 23 February, 10 - 11 am.

Zama Child Development Center

Parent's Night Out

Friday, 19 February, 5 - 11:30 pm

Cost is \$20 per child, ages 6 weeks to 12 years.

Must register one week in advance with Parent Central Services, Bldg 533.

For more information, call 263-4125/4743.

Pre-Kindergarten Strong Beginnings

Monday, 1 February, 8 - 11 am, Sagamiara Child Development Center

Strong Beginnings Pre-K Program provides learning experiences in language and literacy, mathematics, social studies, science and discovery, music and movement, technology, citizenship, physical education and creative expression to prepare children to enter school using the Creative Curriculum system. The pre-kindergarten class provides many different kinds of learning materials in a stimulating environment. It will be a secure happy environment with loving and caring adults.

Strong Beginnings also uses early learning standards that are skills children must have in order to enter kindergarten. It's designed to prepare children to be ready to go to kindergarten.

The program will begin 1 February, at Sagamiara Child Development Center with an August graduation. Youths must be eligible for the 2010 - 2011 elementary school kindergarten class to enroll.

Please register at Parent Central Services or more information, call 263-4125/4743.

SPORT PHYSICALS

AR 608-10 requires all youth participating in youth sports programs to complete annual sports physicals and provide a copy as part of their registration. All registrations are completed at the Parent Central Services located in Bldg 533, Camp Zama. To help, Parent Central Services staff is making contact with Families 30 days prior to expiration of youth sports physicals in order to allow parents time to schedule a current youth sports physical. Please note that appointments at the BG Crawford F. Sams Health Clinic may be limited as the result of so many renewing their youth sports physical.

VOLUNTEER COACHES

The #1 priority in providing a great youth sports program is our volunteer coaches - people just like YOU. We need you in order to provide a great experience for the youths in our community. If

you're interested, please contact us at 263-5437. In addition, more information and an application are at our website: www.zamayouthsports.org. As soon as we receive your application we will process all required documents and schedule you for a coach's class to be certified to coach youths.

REGISTRATION

Do you want to participate in a youth sports program or clinic? It all begins with a visit to Parent Central Services located in Bldg 533, Camp Zama (behind the PX). They'll provide you with the appropriate registration paperwork and collect any fees necessary. Please ensure your child's sports physical is current before you register.

If you have questions or recommendations concerning our programs, please call us at 263-5437/4066 or visit our website at www.zamayouthsports.org.

BASKETBALL

& CHEERLEADING

Practices begin the second week of February. Deadline for registration is 20 February, games are 20 February - 27 March.

For more information, 263-5437/4066





Order of the White Plume Award

One of the oldest and most prestigious awards an MWR professional can earn is the Order of the White Plume Award.

This honorary award was established in 1984 by the U.S. Army Community and Family Support Center when it was established in 1984 as the central MWR command.

The award is approved by the MWR Working Group members and the CG US Army Family and Morale Welfare and Recreation Command to recognize either one-time special achievements or continuous exceptional service of more than 10 years duration when that service impacts MWR programs significantly with long-term contributions.

USA Garrison Japan Chief, MWR Support Management Division, Mr. Donald J. Cannata, was awarded the White Plume in August 2009.

USAG-J MWR Director, Mr. Jeffrey A. Wertz stated,

"After supervising Mr. Cannata since 2006, I was impressed with his quality support of our USAG-J MWR program over a 2 year period. I researched his background and learned that he has been an MWR professional for over 30 years. His experience spans all command echelons from HQDA through the Garrison. He has also worked in all the MWR disciplines including recreational, business and Family activities, as well as serving as an MWR Director in Taegu Korea. I nominated Mr. Cannata for the award in 2008 and it took a year and a half for the award to be approved all the way up to the DA level. It was with great honor that I personally presented the award to Mr. Cannata on 23 December 2009, in front of approximately 100 of his fellow MWR employees. In the 3 years I have worked with him, he has done an outstanding job of supporting Soldiers, civilians and Family members of this community".

A rmy Family Team Building (AFTB), 263-HELP (4357). The Key to your Army journey and passport to power! Did you know that you could earn promotion points from AFTB? If you are a young Soldier SGT or below and need promotion points, AFTB is a good source and a great tool that you will be able to use throughout your military career. Go online at www.myarmyonesource.com for Levels I, II and III. For more information, contact the AFTB Program Manager at 263-8087.

■ Army Community Service • 263-8327

RELOCATION READINESS, 263-HELP (4357)

(see center page for detailed information).

AER/FINANCIAL/EMPLOYMENT, 263-HELP (4357)

The ACS Financial Readiness Program offers a variety of services such as finance education, budget assistance and personalized budget counseling plus a host of many other finance support programs. This program was created to enhance and maintain mission readiness and quality of life by providing Soldiers and their Family members a ready-made program to help achieve personal financial readiness through the use of sound money management. For more information, contact ACS at 263-5550 or 263-4357.

• *Financial Readiness Class Schedule Change:*

- * Budget: every Monday
1:30 - 3:30 pm
- * Banking: every Tuesday
1:30 - 3:30 pm
- * Debt Management:
every Wednesday

1:30 - 3:30 pm

* Investment TSP: every Thursday

1:30 - 3:30 pm

All first term personnel are required to attend all four classes during in-processing before Financial Readiness will be signed off on. In-processing check-in sheet attendance at all four classes meets the requirement for the mandatory 8 Hour Financial Readiness Class per AR608-1 and DoDI 1342.27. Units may request classes also; requests should be in writing a minimum of two weeks prior to the class date, first come, first serve. Each class requires a 2 hour block. The classes available are in the following areas – Basic Budget, Remedial Checkbook Management, Credit and Debt, Large Purchases, Insurance, Investment / TSP, and Planning for Military Retirement. For more information, email: gary.wertz@us.army.mil or call 263-5550/4357.

• *AER Emergency Leaves*

Primary funding for travel to a gateway city of service members and command sponsored Family members is handled by the Military

Mobilization & Deployment Program

263-HELP (4357)

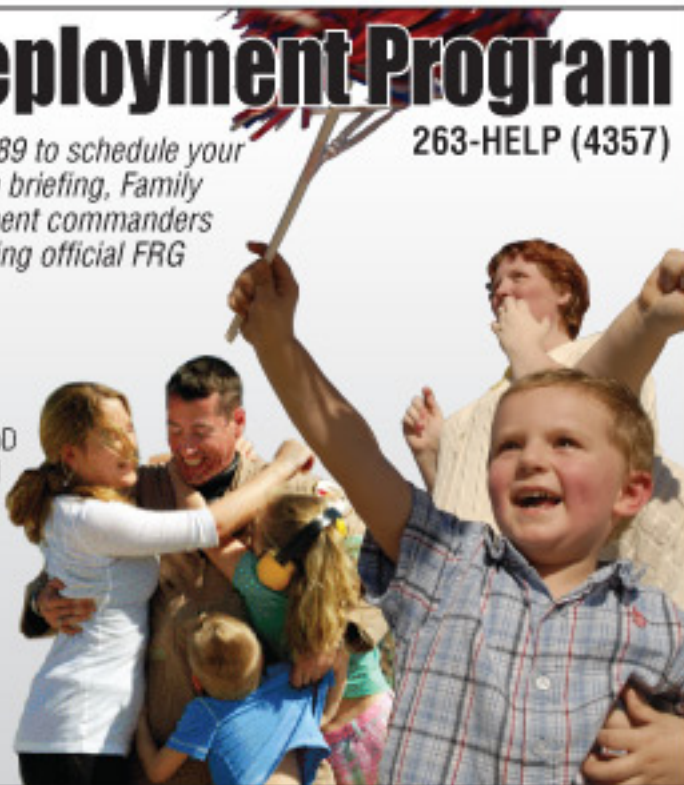
Please contact the program manager at 263-8089 to schedule your unit pre-deployment readiness training, reunion briefing, Family readiness group training, and unit rear detachment commanders training. Free child care is provided by CYS during official FRG functions (advance coordination is required).

• *Pre-deployment and Operation R.E.A.D.Y. Training, 263-HELP (4357)*

This training is designed to help all deploying Soldiers, DoD civilians, and their Families prepare for a less stressful and more successful deployment held the 2nd Thursday of each month from 3 - 4 pm in the ACS Outreach Room.

• *Deployed Spouse Program, 263-HELP (4357)*

If your spouse is deployed, then ACS is looking for you! Please visit us to learn more about our Deployed Spouse Program and sign up for your membership card; this card will provide discounts throughout various MWR facilities.



Personnel Division. AER assists with travel from the gateway to and from the leave site.

FAMILY ADVOCACY PROGRAM (FAP), 263-HELP (4357)


Department of the Army policy is to prevent spouse and child abuse, to protect those who are victims of abuse, to treat those affected by abuse, and ensure personnel are professionally trained to intervene in abuse cases. Since many incidents of abuse constitute violations of the law, DA policy also recognizes the commander's authority to take disciplinary or administrative action in appropriate cases. The Family Advocacy Program Manager at Army Community Service provides a wide range of services that strengthens Families and enhances relationships. We believe that these services help support our Soldiers, their Families, and the Army mission. For more information about Family Advocacy Programs or to schedule a class or briefing, contact 263-HELP (4357). The Reporting Point of Contact (RPOC) for all suspected child or spouse abuse is the Military Police (MP) at 263-3002.

- **Sexual Assault Prevention and Response Program (SAPRP)**

Sexual Assault Hotline from a DSN: 882# or 090-9395-8909.

This is a commander's program designed to help prevent sexual assault through increased awareness and training and to provide information and resources if sexual assault occurs. An individual who has been sexually assaulted may report the incident in a restricted or unrestricted manner. To make a restricted report, contact a medical provider, chaplain, the Sexual Assault Response Coordinator (SARC) at 263-HELP /4357 or your Unit Victim Advocate. To make an unrestricted report, contact the Military Police at 263-3002, the chain of command, or the SARC at 263-HELP /4357 or 090-9395-8909.

- **Victim Advocacy**




NPSP
New Parent Support Program

The NPSP, a division of the Family Advocacy Program, specializes in assisting and offering services to new and expecting parents.

- **Play Morning** is an interactive play group for parents and children aged birth to 6 years. Held Tuesdays, 9:30 - 11 am at Zama Chapel, Bldg 502, and every 2nd, 3rd, and 4th Thursday, 9:30 - 11 am, at EDIS (Ann Elementary).
- **Baby Love Seminar**
EFMP Workshops: Developmental Screening and Tummy Time presented by EDIS during Play Morning session on 9 February at 9:45 - 10:15 am at Zama Chapel.
- **New Parent Support Program Workshop:** Deployed Spouse Program Brief presented by Gary Woods, Mobilization and Deployment Program Manager on 18 February, noon - 1 pm at ACS.
- **Breast Feeding Support Group** held 1st Thursday, 9:30 - 10:30 am at ACS and 3rd Monday, 9:30 - 10:30 am at SHA CDC.
- **Pre-Birth Classes** will be held at ACS on 17 and 18 February, 4:30 - 5:30 pm. The classes will be taught by Mrs. Jennifer Deford, OB/GYN Nurse. Please register the day before for each class.
- **Baby Bundles** information and supplies for new and expecting parents, and electric breast pumps are available by calling 263-4572.

Victim Advocacy is a free service for all personal in the military community. The victim advocate for Camp Zama is located in Building #402 with Army Community Service. Victims are encouraged to come and speak with a trained Victim Advocate and inquire about available services. The victim advocate works with those who have been a victim of domestic violence or sexual assault. Reports of Domestic Violence (DV) may be made on a restricted or un-

restricted basis." To file a restricted report related to a domestic abuse incident, a victim may contact the USAG-J Victim Advocate at 882# or 090-9395-8909. A victim may also report to a healthcare provider or the Victim Advocate supervisor in order to access medical care or other supportive services including referral to service providers, advice, or safety planning. Information provided in a restricted report will not be disclosed to command or to law enforcement.



Survivor Outreach Service

Survivor Outreach Services (SOS) provides services that support the Families of Fallen Soldiers. SOS is designed to enhance services to these Families. The Support Coordinator serves as the long term support person for Survivors, conducting support groups, briefings to the community and leadership, life skill and supportive counseling. Financial counselors provide financial assistance, budgeting, investment education, retirement savings and estate planning for the surviving Family member to reach financial goals.

For more information, contact the SOS staff at 263-HELP(4357), ACS Bldg. 402

For additional information about domestic violence restricted and unrestricted reporting, please contact Family Advocacy at 263-4782, 263-4853, or 090-9395-8909

EXCEPTIONAL FAMILY MEMBER PROGRAM, 263-HELP (4357)

The Camp Zama Exceptional Family Member Program (EFMP) is a mandatory enrollment program for active duty Soldiers with Family members with special needs. It is important for spouses to enroll their Family members to ensure their Family members receive the best possible care at their existing and future duty assignments. If you are currently enrolled in EFMP keep in mind your file must be reviewed every 3 years or upon a change in condition of the Family member, which ever comes first. Soldiers just arriving at Camp Zama and the sponsor of an Exceptional Family member must in-process

with the EFMP Coordinator. Come out and network with other parents when you join the EFMP Parent Support Group which meets every 3rd Tuesday of each month at ACS from noon - 1 pm. EFMP Workshop: Developmental Screening presented by EDIS at Zama Chapel day care Bldg on 9 February, at 9:45 - 10:15 am. For more information or to register for upcoming workshops, contact the ACS EFMP Coordinator at 263-4572.

COMMUNITY LIFE OFFICE, 263-HELP (4357)

• Army Volunteer Corps (AVC)

Would you like to learn new skills, meet new people and explore new career fields? Would you like to make a difference? Then you may want to enter the exciting world of volunteerism. You can register as a volunteer in the Volunteer Management Information System (VMIS). It's easy to get started! It

can be completed at your home, the education center, the library or by utilizing the volunteer computer at ACS. If you do not have an account at www.myarmyonesource.com, register for an account by going to the site and clicking on "register for and account". Once registered, click on "Become a Volunteer" and select "Volunteer Registration. For more information, contact the Army Volunteer Corps Coordinator at 263-8087.

INFORMATION AND REFERRAL, 263-4357

I and R provides, maps and directions to the local area and for military installations throughout Japan, as well as resource information on public, private and voluntary agencies at Camp Zama and tourist information for the local Japanese economy. Resource information can be accessed using CAC readers at <https://intranet.zama.army.mil>. After

GUIDE TO SUPERVISE YOUR CHILD

Guidance from the USAG-J Child Supervision Policy (September 2008)

Children with a history of Attention Deficit Hyperactivity Disorder (ADHD), developmental delay, behavioral problems, impulsivity, psychiatric problems or other impairments should not be given the degree of self-management / responsibility allowed in this policy.

HOME ALONG?

Birth - 5 grades: Never
6th - 8th grades: up to 4 hours with access to adult supervision, never overnight!
9th - 12th grades: Over 4 hours with access to adult supervision, never overnight!
Graduated: May be left overnight with access to a responsible adult.

BABY SITING?

Birth - 5th grades: Never
6th - 7th grades: Siblings only! Up to 4 hours with access to adult supervision.
Never overnight (2230-0530)! Red Cross Certification recommended.
8th - 12 grades: In the baby-sat child's home with Red Cross Certification. Never overnight!

UNATTENDED IN VEHICLE?

Birth - 5th grades: Never
6th - 10th grades: 15 minutes in a parked car with keys removed and handbrake applied.

UNATTENDED OUTSIDE?

Birth - 5 years: Never
1st - 5th grades: Less than 1 hour in sight or hearing distance of a parent or supervising adult.
6th - 7th grades: Up to 4 hours with access to adult supervision.
6th - 12 grades: May not loiter* in the PX, Food Court or Shoppettes.

Children in K- 5th grades attending Japanese Schools must be escorted out of and into the gate unless picked up by bus.

** Loitering is defined as standing around with no obvious purpose. Children/youths found loitering will be escorted to their quarters by the Military Police and parents will be notified of this policy violation.*



4:30pm and on weekends, maps and directions can also be found on www.mwrjapan.army.mil under "Army Community Service". Other services include: confidential client intakes, crisis intervention, referral to other programs and assistance for Japanese school registration and parent meetings.

• **Children's Japanese Class**

Every Monday, 10:30-11:15 and 11:15 am - noon. CLASS CANCELLED 15 February.

• **Adult English as a Second Language Class (ESL)**

Every Wednesday, 1 - 2:30 pm. All levels.

• **Adult Japanese Language Class**

Every Wednesday, 10 - 11 am

Advanced class: 11am - noon

Beginner class: Taught by a native Japanese speaker.

ALL CLASSES ARE CANCELLED ON US HOLIDAYS

For more information, please contact 263-HELP or stacee.davis@us.army.mil.



CAMP ZAMA

ARMY FAMILY ACTION PLAN CONFERENCE (AFAP)

9 - 11 March at the Zama Community Club

- AFAP connects You with the ARMY.
- AFAP is idea and issue gathering.

- AFAP makes things happen, sometimes all the way to the TOP.
- AFAP, like everything, has deadlines.

**HAVE YOUR VOICE HEARD!!
MAKE THAT CHANGE!**

FILL OUT AN ISSUE FORM TODAY! Issue forms are available at ACS (Bldg 402), Zama Mail Room, Zama Youth Center, Sagami Lounge, Zama Community Club, Post Exchange, Zama Golf Course, Yano Fitness Center, SHA Commissary, or through your community mayor. You can also fill out a form online at www.mwrjapan.army.mil/acs.



Submission deadline is 1 March





For more information or to volunteer, contact ACS at 263-8087 or Off-post: 046-407-8087.

W

weekday

tee times will be given out two weeks in advance for individual tee times, or 90 days in advance for larger groups. Requests for multiple tee times must be made in writing (or e-mail) to course management.

GOOD NEWS HOLE #5

- Beginning 1 February, Hole #5 will reopen as a par 5.
- Please: no drivers, use a 3 wood or less.
- Please: let's be good neighbors. If you hit a ball over the net *notify the starter immediately.*



■ Camp Zama Golf Club • 263-3694

<http://www.usarj.army.mil/information/mwr/business/golf/>

Major Tournament Schedule for 2010

Zama Masters	- - - - -	24 - 25 April
Match Play Qualifier	- - - - -	8 May
Club Championship	- - - - -	11 - 12 September
Zama Open	- - - - -	16 - 17 October



TOMODACHI DAYS ARE AS FOLLOWS:

- 5 February - Friday
- 12 February - Friday
- 19 February - Friday
- 22 February - Monday

Your Japanese guests (max 3 guests per person) can play with you for the low fee of ¥5,000 plus cart. This is a significant savings over the regular rate of ¥11,000. Check with starters for available tee times.

NICHIBEI FRIENDSHIP TOURNAMENT

Wednesday, 10 February, shotgun start at 9:30 am. Contact Ernie Harada at 263-4225 to sign up. Cost is \$25 for SOFA status golfers plus green fees for nonmembers.

PAYDAY SCRAMBLE

The format for this event is "Superintendent's Revenge". The course setup and rules will be "different" for this

"don't miss" event. MWR is paying the \$15 entry fee and green fees for non-members. MLC/IHA pay ¥5,000 and JGSDF pay ¥3,000. Limited to personnel assigned to USARJ, supporting and tenant units and their Family members. Sign up on the intranet or the golf course web site.

26 February - Friday
Shotgun start 11 am.

PRO SHOP

The Zama Golf Course Pro Shop offers a full selection of the latest clubs, clothing, golf bags, shoes, gloves, hats and many other accessories. You can find "Ping, Nike, Titleist, *Mizuno and Callaway clubs (*club fitting available) as well as a wide selection of mens and ladies clothing with and without logo. Brand name premium clothing is available from Ashworth, Nike, and Adidas to name a few. Logo shirts and hats make great gifts of "Omiyage".

INSTRUCTOR: DALE JORGENSON, DIRECTOR OF GOLF
263-3694, EMAIL AT DALE.JORGENSON@ZAMA.ARMY.MIL
WHEN: THURSDAYS, 1600-1730 HOURS AT CAMP ZAMA GOLF CLUB
DRIVING RANGE (PAST GATE 7)
COST: \$99 PER PERSON, MINIMUM 5-MAXIMUM 8 STUDENTS

- SESSION #1 - March 4th, 11th, 18th, 25th and April 1st
- SESSION #2 - April 15th, 22nd, 29th, May 6th and 13th
- SESSION #3 - May 27th, June 3rd, 10th, 17th and 24th
- SESSION #4 - July 8th, 15th, 22nd, 29th, and August 5th
- SESSION #5 - August 19th, 26th, Sept 2nd, 9th and 16th
- SESSION #6 - Sept 30th, October 7th, 14th, 21st and 28th

INSTRUCTOR: MIKE SUL, ASSISTANT GOLF PROFESSIONAL
263-4975, EMAIL AT MICHAEL.SUL@US.ARMY.MIL
WHEN: TUESDAYS, 1600-1730 HOURS AT CAMP ZAMA GOLF CLUB
DRIVING RANGE (PAST GATE 7)
COST: \$89 PER PERSON, MINIMUM 6-MAXIMUM 8 STUDENTS

- SESSION #1 - Feb 9th, 16th, 23rd, March 2nd and 9th
- SESSION #2 - Mar 23rd, 30th, April 6th, 13th and 20th
- SESSION #3 - May 4th, 11th, 18th, 25th, and Jun 1st
- SESSION #4 - Jun 15th, 22nd, 29th, July 6th and 13th
- SESSION #5 - July 27th, Aug 3rd, 10th, 17th and 24th
- SESSION #6 - Sept 7th, 14th, 21st, 28th, and Oct 5th
- SESSION #7 - Oct 19th, 26th, Nov 2nd, 9th, and 16th

ELIGIBILITY: OPEN TO SOFA STATUS PERSONNEL, MLC, IHA, IPT AND JGSDF ONLY

TAKE THE MYSTERY OUT OF GOLF



LEARN TO GOLF ADULT CLASSES 2010
SIGN UP NOW IN THE GOLF SHOP

Includes: - Five 90 Minute Group Lessons Four On The Range And One On The Golf Course, - Plus Four 9 Hole Round Of Golf, - Clubs And Balls For Class

CAMP ZAMA GOLF CLUB 263-3694

LUNCH

Mondays

- 1 Sweet and Sour Chicken
- 8 Pancit, Fried Rice, Lumpia Combo
- 15 Closed (Presidents Day)
- 22 Beef and Broccoli

Tuesdays

- 2 Chicken and Dumplings
- 9 BBQ Pork
- 16 Roasted Beef Sandwich
- 23 Chicken Po Boy

Wednesdays

3, 10, 17 and 24 February,
Fried Chicken served with corn bread

LUNCH

and choice of starch, vegetable of the day and roll.

Thursdays

- 4 Chicken Enchiladas
- 11 Southwestern Egg Rolls
- 18 Beef Fajitas
- 25 Taco Salad

Fridays (5, 12, 19 and 26 February)

- Fried Cod Fish and Shrimp
- Choice of Starch

LUNCH

- Side of Coleslaw or Vegetable of the Day

Saturdays (6, 13, 20 and 27 February, no daily lunch special)

Sundays

- 7 Lasagna
- 14 Chicken Cacciatore
- 21 Pork Cutlet w/Parmigiana
- 28 Hamburger Steak w/Swiss Cheese and Gravy



ATTENTION

GHIN Subscribers.

It is now time to renew your GHIN membership for 2010. All subscribers have been deactivated. Please pay the \$22 fee in the golf shop to activate your GHIN membership. The Junior fee for 2010 is \$14 (17 and under).

SPECIAL MENU



Blueberry Pancakes: \$4.50



Steak and Eggs: \$9.95
4oz fillet mignon, 2 eggs (cooked your way) choice of hash browns, rice and side of toast.



Healthy Lunch Specials



\$5.95

<p>Monday</p>  <p>Fresh Vegetable Lumpia Sauteed vegetables, tofu and lettuce in a fresh lumpia wrapper made from scratch served with homemade garlic peanut sauce</p>	<p>Thursday</p>  <p>Vegetable Wraps Grilled slices of seasonal vegetables wrapped in a flour tortilla w/lettuce tossed in balsamic vinaigrette. Served w/salad or French fries.</p>	<p>Tuesday</p>  <p>Lemon Pepper Chicken Pita Grilled lemon pepper chicken breast, pita bread and vinaigrette drizzled lettuce and tomato served with a side salad.</p>
<p>Wednesday</p>  <p>Cajun Grilled Fish Grilled fillet of fish generously seasoned with Cajun spices. Served with white rice and a choice of salad or vegetable of the day.</p>	<p>Friday</p>  <p>Tofu Steak Grilled tofu topped w/our homemade sweet soy sauce. Served with white rice and side salad.</p>	<p>Sunday</p>  <p>Pasta with Broccoli Sauce Pasta of the day tossed in our homemade broccoli sauce topped with grated parmesan cheese. Served with garlic bread.</p>

“See the Bugle for the advertisement”.

CZCC TEXAS HOLD'EM TOURNAMENT

SATURDAY 20 FEBRUARY
2 PM CZCC BALLROOM

Tickets purchased by 16 February \$40 , After 16 February \$50
Includes buffet, non-alcoholic beverages & prizes
Prizes will be based on the number of players
Sign up at the cashier's window
ADULTS ONLY

FREE! FMWRC TEXAS HOLD'EM TOURNAMENT

WEEKLY QUALIFIER on Saturday 6 & 13 February and Sunday 21 February
FINALS on Saturday, 6 March • 2 pm • CZCC Ballroom

Top 8 players from Weekly Qualifier will advance to Final Local Tournament on 6 March

- 1st Place: \$500 Cash and a seat at the On-line Finals Tournament
- 2nd Place: \$200 • 3rd Place: \$100

FMWRC TEXAS HOLD'EM ARMY-WIDE ON-LINE TOURNAMENT PRIZES

- 1st Place: 42" Home Theater System
(Flat Panel & Bose Theater Sound System, AVR \$5000)
- 2nd Place: Laptop Computer (AVR \$1700)
- 3rd Place: Bose Wave (AVR \$500)
- 4th Place: Kindle Reader (AVR \$500)
- 5th Place: Bose Noise Cancelling Headphones (AVR \$349)
- 6th Place: iPod (AVR \$299)
- 7th Place: \$200 Gift Card
- 8th Place: \$100 Gift Card

ELIGIBILITY: You must be at least 18 years of age to participate.

The event is open to all authorized MWR patrons (Military Active Duty Personnel, Reservists, Guards, Retirees, DoD Civilians w/ valid Military ID, immediate family members and guests of the aforementioned), except MWR employees. See official rules for details.

CAMP ZAMA COMMUNITY CLUB 2 6 3 - 4 5 4 7



RELOCATION READINESS

The Camp Zama Relocation Readiness Program supports soldiers, civilian employees and their families during relocation. Services include Newcomer's Orientation, Sponsorship training and Beginners' Japanese Class. Welcome packets, welcome letters, and more.



Newcomers Orientation and Medical Morning Briefings (17 and 18 February, 8 am - 4:30 pm)

A mandatory orientation for all new military, Family members and civilian employees is held monthly at the Camp Zama Community Club (CZCC). During this orientation, attendees will receive information about Camp Zama and Japanese culture. "A Taste of Japan" luncheon is provided at the Camp Zama Community Club. Child care is available for attendees. The Medical Morning Briefing also includes a "Pharmacy Class" which is mandatory prior to receiving over the counter medication.

Sponsorship Training

The Relocation Readiness Program offers sponsorship training to all individuals and units on post every 2nd and 4th Friday, 8:30 - 9:30 am. Call 263-8091 for more information.

Levy / Permanent Change of Station (PCS) Briefings (every other Tuesday, 9:30 - 11:30 am)

The Military Personnel Division (MPD) and ACS coordinate mandatory PCS briefings for all Soldiers who are relocating. Soldiers are scheduled to attend a mandatory briefing every other Tuesday beginning at 10 am in the Garrison Conference Room, Bldg 102.

Lending Closet

The Relocation Readiness Program Manager operates a Lending Closet located at ACS and stocked with household items that incoming and outgoing Soldiers can borrow on a temporary basis. Items may be borrowed for 30 days and a maximum of 60 days. The Lending Closet has the following items: dishes, silverware, pots and pans, coffee makers, televisions, DVD players, hand held mixers, microwaves, car seats and strollers.

Shopping on the Economy (18 February, 1 - 4:30 pm)

Join Maria Hope Jackson, the Relocation Readiness Program Manager and Japanese volunteers as they take you on a guided tour to "Yodobashi Camera", one of the largest local supermarkets in Machida. Bring ¥400 for transportation and extra yen for shopping. Children are welcome.

Exploring Japan (Roppongi, 20 February, 9 am - 4:30 pm)

Join us as we practice how to travel by train and subway around Tokyo, Yokohama and other areas of Japan. Schedule of time and places: March - Imperial Palace, April - Shinjuku, May - Shibuya, September - Shibuya, November - Harajuku, December - Yokohama. Newcomers are encouraged to attend, but this is open for all Army community members.

Beginner's Japanese Class

The Beginner's Japanese class is an introduction to the Japanese language and culture with emphasis on practical and everyday conversation. There are two beginner's introductory classes given in the ACS Community Room and Outreach Room.

13 April - 15 June Class (registration 1 - 15 April) • 20 July - 21 September Class (registration 1 - 15 July) • 19 October - 21 December Class



Photos by Ms. Maria Jackson, Relocation Readiness Program Manager

Community Service

BUSINESS PROGRAM



...s, and their families reduce the problems often associated with frequent
...t, Levy Briefing, Lending Closet, Shopping on the Economy, Exploring Japan
...rldwide installation information files are also available.



...rientation, employees will have the opportunity to meet and be greeted by command staff
...Club, left wing, sponsored by KDDI. Adult Family members may also attend. Free hourly
...ns. Please contact Zama CDC 263-4992 or SHA CDC 267-6564 for reservations.

...more information.

...andatory reassignment briefing within 30 days after being notified of a new assignment.

...nd civilians may borrow. The Lending Closet offers basic household goods loaned on a
...e pots, irons and ironing boards, toasters, high chairs, vacuum cleaners, rice cookers,

...f the largest electronic stores, then on to the five story "100 Yen Shop", and then to a

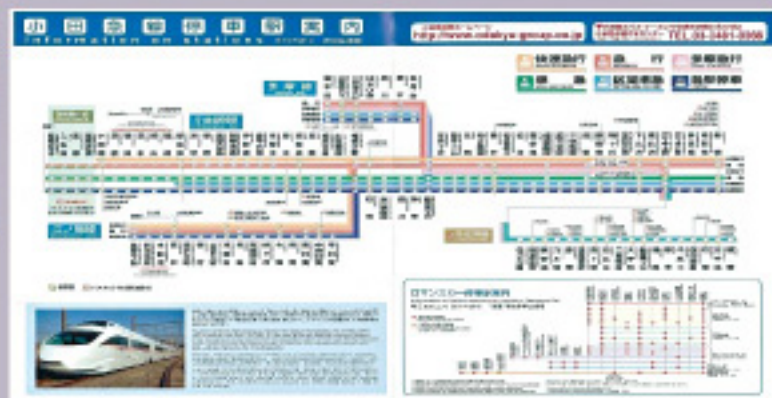
...Area, April - Ueno, May - Odaiba, June - Ginza, July - Minato Mirai, August - Shinjuku,

...inner's Japanese classes every Tuesday, 5:30 - 7 pm and 6 - 7:30 pm. This is a 10 week

...lass (registration 1 - 15 October).



For additional ACS programs, please see pages 9 - 12.



...anning services for your next move. Call DSN: 263-8091 or Commercial: 046-407-8091 for more information and to register for classes.

Z A M A I T T



Spring Escapade

April
10-18
2010

**SPRING ESCAPADE TOURS
NOW ON SALE**

CALL ZAMA ITT OR CHECK OUR WEBSITE FOR MORE INFORMATION.



- Military PHONE 263-5273/4059
- Military FAX 263-7507
- E-Mail travel@zamaitt.com

- Commercial PHONE (046) 254-8896
- Commercial FAX (046) 255-0356
- Website: <http://zamaitt.com>



CAMP ZAMA COMMUNITY BAZAAR

OVER
50
VENDORS

AT THE CAMP ZAMA COMMUNITY CLUB

Saturday, February 27: 0900-1700

Sunday, February 28: 1000-1600



For more information : ☎ **263-5316**



■ Sagami Lounge • 268-4954/4847

Orders: 268-4142

LUNCHES

MONDAY

- 1 Yakisoba, Fried Rice and Karaage
- 8 Lasagna w/Garlic Bread
- 15 Closed
- 22 Hamburger Steak w/Onion Gravy

TUESDAY

- 2 Spaghetti w/Meat Sauce Casserole
- 9 Chicken Saute w/Garlic and Tomato Sauce



LUNCHES

- 16 Chicken Tempura
- 23 Chicken Cutlet (Lounge Special)

WEDNESDAY

- 3 Chicken Taco Rice
- 10 Hamburger Steak w/Cheese
- 17 Turkey Ala King
- 24 Lasagna w/Garlic Bread

THURSDAY (All-U-Can Eat)

- 4 American Buffet
- 11 Italian Buffet
- 18 Mexican Buffet
- 25 Oriental Buffet

FRIDAY

- 5 Seafood Platter
- 12 Fried Shrimp w/Curry
- 19 Chicken Saute w/Garlic Sauce
- 26 Chicken Fajita

DINNER SPECIALS

TUESDAY NIGHT (LIMITED

MENU/DINNER SPECIAL - \$8.50)

- 2 Mexican Dinner Special
- 9 BBQ Dinner Special
- 16 Pizza and Pasta Dinner Special
- 23 Regular Menu

WEDNESDAY NIGHT

Family night movies for adults and youths 3, 10, 17 and 24 February regular dinner menu. Choose your discount.

THURSDAY NIGHT

(CHEF'S SPECIAL DINNER)

- 4 French Dinner (\$20)
- 11 Chinese Dinner (\$20)
- 18 Prim Rib Dinner (\$20)
- 25 Regular Menu

FRIDAY NIGHT

Mongolian BBQ on 12 and 26 February, enjoy the best Mongolian BBQ town!!! Also, on 5 and 19 February, we offer the regular dinner menu.

Paid Advertisements

Paid Advertisements

“See the Bugle for the advertisement”.

Cafe Roberto is open Tuesday - Friday, 11 am - 11 pm, proudly serving "Starbucks Coffee" all day. Enjoy sandwiches, salads, nachos, pizza and desserts with Family or friends in Cafe Robertos. No food service after 10 pm.

Black History Month Lunch Buffet **\$9.95**
5 February, 10:30 am - 1:30 pm

Soup
 • Chicken Sausage Gumbo Soup

Salad
 • Tossed Green Salad

Entree
 • Pepper Smoked Brisket
 • Blackened Chicken w/Alfredo Sauce and Pasta
 • Southern Fried Cat Fish
 • Red Beans and Rice
 • Collard Greens
 • Corn Bread

Dessert
 • Pecan Pralines
 • Chocolate Mousse

■ Camp Zama Community Club

• 263-4547

FIRELITE LOUNGE

• Hip Hop Music w/DJ

On Friday Night, 5, 19 and 26 February, "Hip Hop music w/DJ" in the Firelite playing your favorite Hip Hop artist songs from 10 pm - 3 am.

• Country Music with DJ

On Saturday night, 6 and 13 February, 8 pm - 2:30 am in the Firelite Lounge, hear your favorite country artist songs. On the 2nd and 4th Wednesday, enjoy free line dance instruction from 8 - 9:30 pm.

• Hip Hop Music w/DJ

On Thursday Night, 11 February, 8 pm - 1 am.

• Latino Night

Friday, 12 February, 10 pm - 3 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJ's in Japan.

• Hip Hop Music w/DJ

On Sunday Night, 14 February, 8 pm - 1 am.

• Old School Night

Saturday, 20 February, 8 pm - 2:30 am, playing your favorite 60's, 70's, 80's and 90's artist songs.

• Latino Night

Saturday, 27 February, 9 pm - 2:30 am in the Firelite. Dance to the sounds of Latino music from the best Latino DJ's in Japan.

LUNCH

Sunday Brunch (10 am - 1:30 pm):

Adults: \$12.95

Youths 8 - 12: \$6.95

Youths 4 - 7: \$3.95

3 and under: Free

Tuesday: (Rotisserie Chicken, Katsu Don and vegetable of the day)

2 Beef Croquettes

9 Chicken Fried Steak
w/Country Gravy

16 Hawaiian Chicken

23 Spanish Chicken

Wednesday: (Rotisserie Chicken, Chicken Don and vegetable of the day)

3 Italian Sausage w/Pepper

10 Hayashi Rice

17 Tonpourou

24 Beef Curry

Thursday: (Rotisserie Chicken and vegetable of the day)

4 • Pork Ginger

• Blackened Chicken
w/Alfredo Pasta

11 • Chinese Beef, Ankake Rice

• Spaghetti Napolitan

18 • Stuffed Cabbage Roll
w/Cream Sauce

• Spaghetti w/Meat Sauce

25 • Pork Cordon Bleu

• Tomato Cream Pasta

Friday "Lunch Buffet" (soup and

Mardi Gras Party In the Firelite Lounge
Saturday 20 February 6-9 pm

ADULTS ONLY

JOIN & WIN THE BEST COSTUME CONTEST

FUN FOR EVERYONE

PRIZES FOR 1ST, 2ND & 3RD PLACE

LIGHT SNACKS

FOR MORE INFO CALL CZCC 263-4547

MWR

CAMP ZAMA COMMUNITY CLUB

LUNCH

- vegetable of the day, \$7.95)
- 5 • Black History Month Lunch Buffet
 - 12 • Beef Stew
 - Baked Chicken
 - Rice pilaf
 - Mashed Potatoes with Gravy
 - 19 • Sweet Sour Chicken
 - Pork Chop Suey
 - Fried Rice / White Rice
 - 26 • Chicken Enchiladas
 - Beef Tacos
 - Mexican Rice / Corn
 - Burritos



DINNER MENU

- Sunday** (limited menu) 5 - 9 pm
 “2 for 1 Steak Night”
 (no take out)
 Includes soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered on Sunday nights.
- Monday** - Closed
- Tuesday** (5 - 9 pm)
 2 meals for \$15 and limited menu. Theme menu, such as American, Chinese, Japanese, Korean, Mexican, Italian etc. Menu will change every week. Included w/soup and tossed green salad, hot vegetable of the day and your choice of baked potato, rice, or mashed potato. Modified menu will be offered. (no take out).
- Wednesday** (5 - 9 pm)
- Mongolian BBQ (\$0.75 oz)
 - Limited menu
- Reservations: Please call 263-4547 before 3 pm.
- Thursday** (5 - 9 pm)
- “All You Can Eat Pizza, Pasta, Soup and Salad Bar” (no take out)

DINNER MENU

- Adults: \$10.95
 Youths 4 - 12: \$5.95
 Under 3 years old: Free
- Regular menu
- Friday “Chef’s Special”** (5 - 9 pm)
 Regular Menu
- 19 Community Night
- Saturday** (5 - 9 pm)
- Regular Menu
 - Prime Rib Dinner
 - Prime Rib and Shrimp Scampi
- 20 Texas Hold'em

Our regular menu will be offered in addition to the above specials on Saturday night.



“See the Bugle for the advertisement”.

■ Zama Bowling Center • 263-4780

THIS MONTH'S SCHEDULE

• *King of the Hill Tournament*

Sunday, 7 February, 11 am. Entry fee is \$40. Come out and roll with the best. Sign up at the Zama Bowling Center.

• *Youth Tournament*

Saturday, 13 February, 11:30 am.

• *Scotch Doubles Tournament*

Saturday, 13 February, 1 pm.

• *No Tap Tournament*

Sunday, 21 February, 11:30 am. Fee is \$20. Roll four(4) games, highest score wins. Remember, roll a 9 and it is counted as a "STRIKE". No skill needed; you have as much chance of winning as anyone.

SERVICES

• *Catering Service*

We offer "Catering Service" for small office parties. Come to the Zama Bowling Center Snack Bar and pick up our party menu.

• *Delivery Service*

Too tired to cook? Don't want to

leave the house? Zama Bowling will soon be offering delivery service.



Mardi Gras Cosmic Bowling

Saturday 27 February 7-10 pm
Zama Bowling Center

FREE
Snacks & Door Prizes!
Laser Lights and Music

Take a Bite Dine & Bowl *MWR*

ZAMA BOWLING CENTER 263-4780



Family Buffet
at the Hob Nob

Friday, 26 February, 5-8 pm

MENU
Baked Meatloaf
BBQ Chicken
White Rice
Mashed Potatoes w/ Gravy
Vegetable of the Day
Rolls & Butter
Sheet Cake

Adults: \$9.95
Youths 4-12: \$5.95
Youths 3 & Under: FREE

All Tickets \$3 More At The Door
Available At CZCC & Hob Nob

For more information, please call CZCC 263-4547, or Hob Nob 267-6097

A

tention patrons: The following activities and facilities are cancelled or closed due to the pool closure or maintenance:

11 January - 24 March

- Water Aerobics
- Jacuzzi Steam Room, Sauna
- Training Reservations for Swimming Pool
- Solarium Reservations



■ Sports, Fitness and Aquatics

263-3954 / 4664

ATTENTION POTENTIAL CONTRACTORS

The Yano Fitness Center is seeking interested applicants in the following areas:

Massage therapist, aerobics, martial arts, fitness trainers, Zumba, Tai Chi, yoga and other group exercises. For more information, call 263-3954/4042.

AQUATICS, 263-3348

- **Water Aerobics Days and Hours** (cancelled due to maintenance)

Water Aerobics Classes:

Mondays, Wednesdays, Fridays
9 am - 10 am

Tuesdays and Thursdays
5:30 - 6:30 pm

See flyer for specific details.

- **Jacuzzi, Steam Room, Sauna** (closed 11 January - 24 March due to maintenance)

The jacuzzi, steam room and sauna are co-ed at the Yano Fitness Center. On Wednesday mornings, the jacuzzi, sauna, and steam room are closed for maintenance from 8 am - noon.

- **Training Reservations (Swimming Pool)** (cancelled 11 January - 24 March due to maintenance)

If you are considering utilizing the Yano pool for unit PT, water survival training, or any other structured training program, submit a "Pool

Training Reservation Request" to the front desk at the Yano Fitness Center. For reservations, submit the reservation request no less than six weeks in advance. Forms can be emailed upon request. Need ideas for PT Training? Do you need an instructor? We can help! Types of training we support: Water Survival Training, Water Aerobics, Aqua Jogger, APFT Swim Test and Swimming Technique.

- **Solarium Reservations** (closed due to maintenance)

If you are considering a party in the solarium, please submit a "Solarium Reservation Request" form to the front desk at the Yano Fitness Center (forms are available at the issue counter). Forms can be also emailed to you upon request.

- **Age Policy for Swimming Pool** (closed due to maintenance)

Children 12 years of age and below are not permitted in the pool

Y A N O F I T N E S S C E N T E R

It's not just a game...



DodgeBall

Tournament

9 AM • SATURDAY, 6 FEBRUARY

*Register by 9 pm, Thursday, 4 February!

For more information, please call 263-4664.

unless accompanied by and under the direct supervision of a parent or adult guardian. Children 13 and older have access to the pools without parental supervision. Exception: Children participating in special programs organized and conducted by Aquatics, CYSS, the schools, or other authorized youth organizations may participate under designated adult supervision.

SERVICES AND CONTRACTORS (263-4664)

• Tanning Booth

The Yano Fitness Center has two tanning booths. Hours:

Monday - Friday:

6:20 am - 6:25 pm

Weekends:

10:05 am - 5:35 pm

Purchase a one session card for \$2.50, ten sessions for \$20, or twenty sessions for \$35 (you must be at least age 18).

MASSAGE

• Massage Cancellation Policy:

Must be made 24 hours in advance from the time the original appointment was made. Please be sure to ask the staff for the information regarding this policy.

• Aqua Massage



YANO FITNESS CENTER

RACQUETBALL

*NO FEE FOR THIS EVENT.

9 AM • SATURDAY • 6 MARCH
*REGISTER BY FRIDAY, 5 MARCH
Men and Women Divisions

SINGLES TOURNAMENT

For more information, 263-7980

The Yano Fitness Center offers "Aqua Massage", \$5 for 15 minutes. You must be 18 years old or if 16 - 17 years old have written parental consent or a legal guardian present. For more information, call 263-4664/3954.

• Shizuka's Massage Therapy

"Massage with Shizuka" is now being offered at the Yano Fitness Center by appointment only. Days offered are Mondays, Fridays, and Saturdays. First appointment is 10:30 am and the last appointment

is 4 pm. Call the front desk at 263-4664 for additional information. The cost is \$50 for 60 minutes, \$40 for 45 minutes or \$30 for 30 minutes. Payment must be made when making an appointment (you must be at least age 21). For more information, call 263-4664/3954.

• Yukari's Soft-Chiropractic Massage

Japanese "Physiotherapy with Yukari" is available on Fridays, 5:30 - 9 pm (first appointment at 5:30 pm and the last appointment



Singles Table Tennis Tournament

Yano Fitness Center

Men & Women Divisions

For more information, 263-7980

**9 am
13 February**

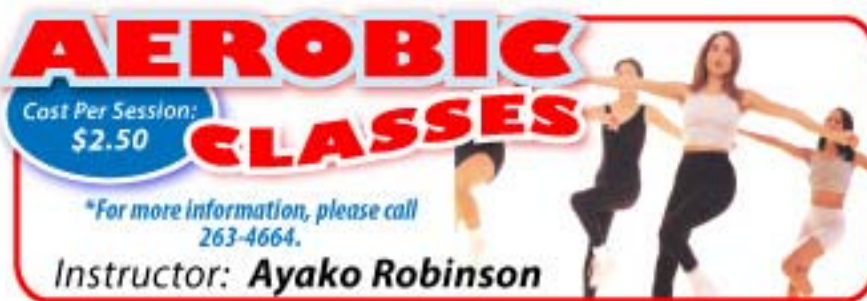
*Register by 9 pm,
12 February

at 7:15 pm), and on Sundays, 11 am - 6 pm (first appointment at 11 am and the last appointment at 5 pm). Call the front desk at 263-4664 for additional information. The cost is \$50 for 60 minutes, \$40 for 45 minutes or \$30 for 30 minutes. Payment must be made when making an appointment (you must be at least age 21).

NOTICE: The massage gift certificate is good for 90 days from the day of purchase. If you have a gift certificate and you are not sure of the expiration date, please contact the front desk at 263-4664.

CLASSES

• **Tai Chi** (Chinese breathing exercise) and Kung Fu fitness (every



AEROBIC CLASSES
 Cost Per Session: \$2.50
 *For more information, please call 263-4664.
 Instructor: Ayako Robinson

Monday at 6:45 pm).

One session: \$6

4 sessions: \$20

• Martial Arts (Taekwondo Classes)

* Instructor: Kellie Williams

Tuesday - Friday:

Ages 4 - 6: 5 - 6 pm

Ages 7 - adults: 6 - 7 pm

Cost: \$45 per month

* Instructor: Kang Hyum Soon

Monday - Thursday:

Ages 4 to adult: 5:30 - 7:30 pm

Cost: \$56 per month (depending on yen rate).

NOTE: All Taekwondo (for both instructors) participants 18 years of age and older pay at the Yano Fitness Center issue counter. All participants ages 17 and under pay at Parent Central Services, Bldg 533, or call 263-4125.



MWR FITNESS
MEET A TRAINER
WELLNESS THAT WORKS MWR
 Set up an appointment today with a certified personal trainer at the Yano Fitness Center!

THE BIGGEST LOSER
 12 Week Program
 Starts 1 February
 *Teams consist of four. (2 male & 2 female)

Zama Style
Super Circuit Class
FREE
 *Sign Up Today!

• Monday and Wednesday: noon - 12:30 pm
 Fridays: 5:30 - 6 pm
 • Wednesday Conditioning and Core/Yoga Class: 5:30 - 6:30 pm
 • Friday, Power Yoga: noon - 12:45 pm

Meet a Trainer Program
 Instructional and informational fitness forum. Fitness specialists will present instructions for proper beginner or intermediate workout regimens, and how to execute these workouts. Participants will then have the opportunity to ask questions and discuss information just learned. At the completion of the session, participants will receive a beginner or intermediate workout plan to implement.
 *Sign-up required before meeting - Fitness assessment and lifestyle questionnaire required.

Try a Trainer Program
 This option gives you the opportunity to meet with a certified personal trainer for one hour in the fitness center. You will be given either a beginner or intermediate workout. Participants will then go through this workout under supervision of the personal trainer. The trainer remains with you for any questions that you may have during your session. This session format must be conducted at pre-determined dates/times.
 *Fitness assessment and lifestyle questionnaire required.

Discuss these topics and more with a nationally certified personal trainer
 • Nutrition • Fitness Goals • Lean Body Mass • Cardiovascular Exercise
 Resistance Training • Machine Orientation
 Assessment includes FREE weight room orientation.

Personal Training / Program Consultations (FREE)
 Limited days and times by appointment only.

Unit PT Training
 Tuesday, 6:30 - 7:30 am. Please call the fitness coordinator four weeks in advance to reserve a time slot.
 *For more information, please call 263-4664/5656.

“See the Bugle for the advertisement”.

T

owing Service
and Roadside Assistance.
We offer a towing service
and roadside assistance
Wednesday through
Sunday during regular
Automotive Skills Center
hours of operation.

■ Automotive Skills Center • 263-3615

HOURS OF OPERATION:

Monday and Tuesday: CLOSED
Wednesday - Friday: 1 - 9 pm
Saturday and Sunday:
10 am - 6 pm

PLEASE NOTE:

- Wednesday - Saturday clean up starts a half hour before closing.
- Sunday clean up starts one hour before closing.

SAFETY ORIENTATION

DA-3031-1 Qualifications Card to

use the automotive skills center is issued after a safety orientation given every day 15 minutes after opening and whenever time is available. This briefing is required before facility use and takes about 45 minutes.

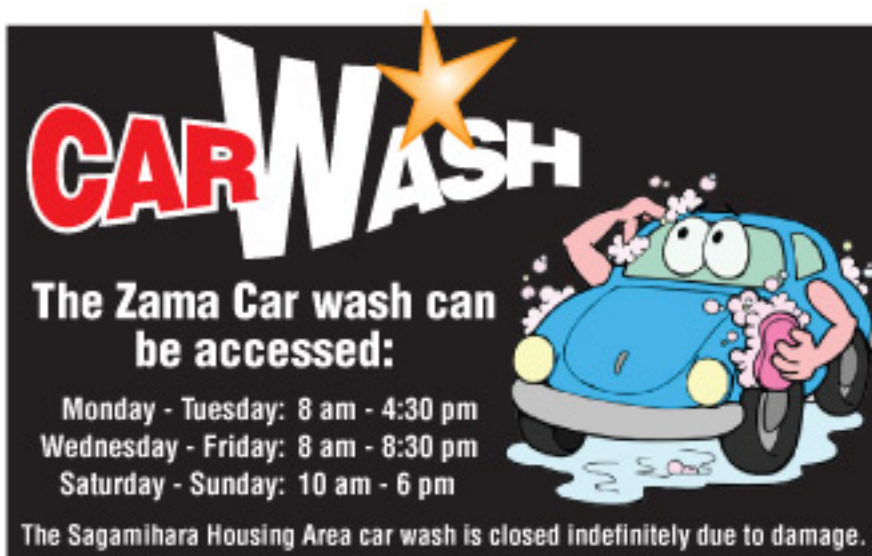
SERVICES

• Engine Flush and Fuel System Cleaning

We offer a service of internal engine cleaning and fuel line cleaning for most vehicles and each service is only \$59.95. Engine flush requires the customer to purchase oil and an oil filter. Appointments must be made for both services.

• Used Vehicle Courtesy Inspection

The Zama Automotive Skills Center offers a 20-point courtesy inspection for Soldiers and eligible personnel who are considering the purchase or resale of a used vehicle. The purpose of this inspection is to help assess the condition of the vehicle before buying or selling. We do not make recommendations or give guarantees. Inspections are done by appointments only. The courtesy inspection does not take the place of the JCI.



CAR WASH

The Zama Car wash can be accessed:

Monday - Tuesday: 8 am - 4:30 pm
Wednesday - Friday: 8 am - 8:30 pm
Saturday - Sunday: 10 am - 6 pm

The Sagamiara Housing Area car wash is closed indefinitely due to damage.



CLASSES START AT 5:30 PM

- How to change your brake pads (Disk Brakes): 4 and 18 February
- How to change your brake shoes (Drum Brakes): 11 and 25 February

NOTE: Final day of sign up is one day prior to the class. Participants are responsible for all materials and or supplies for the class. For sign up information, please stop by or call 263-3615.

Camp Zama Automotive Skills Center

CLASSES

USED PARTS FOR SALE

- Chrome "Lorinser 19" Rims - - - - - \$1,000 set
- 6 X 9 speaker - - - - - \$30 pair
- 6 1/2 speaker - - - - - \$15 pair
- Safety flares - - - - - \$2
- CD player, stateside tuner - - - - - Starting at \$35 ea

We also have used tires; just stop by with your car and see if they are on the rack.



Online parts ordering service

Stop by the Automotive Skills Center for more information to find the best prices for your vehicle.

■ Community Libraries • 263-3517

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

NEW MCNAUGHTON BOOKS

- The Book of Basketball by Simmons, Bill (Best Seller)
- The Greatest Show on Earth by Dawkins, Richard (Best Seller)
- When the Game Was Ours by Bird, Larry (Best Seller)
- The Sellout by Gasparino, Charles
- It Your Time by Osteen, Joel (Best Seller)
- Pirate Latitudes by Crichton, Michael (Best Seller)

- Grave Secret by Harris, Charlaine
- My Life Outside the Ring by Hogan, Hulk
- Angel Time by Rice, Anne
- To Big to Fail by Sorkin, Andrew R. (Best Seller)

NEW BLU-RAY DVDS

- The Dark Knight (Batman)
- The Wizard of Oz
- Public Enemies
- Angels and Demons
- Star Trek

- The Last Metro

NEW VIDEO GAMES

- Pokeman Battle Revolution Wii
- Afro Samurai XBOX3
- Hasbro Family Game Night ... Wii
- NBA Live 10..... XBOX360
- NHL 10..... XBOX360

CHECK OUT OUR WEBSITE

<http://www.usarj.army.mil/information/zama/mwr/library/index.htm>

■ Arts and Crafts • 263-4412

CLASSES

- **Silk Screen Work Shop**
\$15 for a class, includes one free t-shirt (appointment only).
- **Wood Shop Orientation for DA 3031.**
Saturdays: 10 am, no fee.
- **Frame Shop Orientation**
2nd and 4th Thursday, 6 pm,
\$10 a class; supplies are not included.

Advance and refresher classes are conducted upon request, \$10 a class, supplies are not included.

- **Washi Paper Craft Workshop**
Fee is \$10; supplies are available at the sales store (by appointment only).
- **Tole Painting Class "American Folk Art"**
Thursdays, 3 pm, \$20 for a class.
- **Ikebana** (fresh flower arrangement class)

1st, 2nd and 3rd Thursday, 2 pm, \$20 for a class, plus ¥1,000 (flower fee).

- **Shodo** (Japanese calligraphy class),
Wednesday, 4 pm, \$10 for a class;
includes all supplies.

• Pottery Classes

* Wednesday class: 4 - 6 pm, \$20 for a class, supplies are included.

NOTE: All classes require advance registration. Schedules are subject to change.



Valentine's Day
"Balloon Delivery Service"

Each delivery order must be made 12 hours in advance at the Arts and Crafts Center.

Delivery fees:

- Camp Zama, \$5
- Sagami Hara Housing Area, \$7
- Sagami Depot, \$10

Delivery date and time schedule:
Friday - Sunday, 12 - 14 February, between 1 - 4 pm.

For more information, 263-4412

If you are interested in teaching a class (piano, violin, hula, ballroom dance or others), please stop by the Community Activity Center or call 263-8892.

■ Community Activity Center •

263-3939/5712/8892

CLASSES

• Ballroom Dance

* Beginner's Class (four classes per month, ¥3,000).

Thursday:

5:15 - 6:10 pm

* Basic Class (four classes per month, ¥4,500):

Tuesday: 5:15 - 6:10 pm

The class is designed for students who have completed the beginners class, or students who have been attending the beginners class, or people who have experience and/or good physical ability for dancing.

* Intermediate Class (four classes per month, ¥6,000):

Tuesday: 6:20 - 7:15 pm

The class is designed for students who have completed the basic class, or students who have been attending the basic class, or people who have more than a few years of experience, skills and abilities for ballroom dancing.

• Piano Lesson (four classes a month, ¥7,000).

Monday - Friday.

• Violin Lesson (four classes a month, ¥7,000).

Tuesday or Thursday.

• Koto Lesson

Tuesday (four classes a month).

Adult: ¥8,000, Youth: ¥7,000

• Jazz, Ballet and Lyrical Dance

Monday

* Ballet I (ages 5 - 6): \$60

4 - 5 pm.

* Ballet II (ages 7 - 9): \$60

5:15 - 6:15 pm.

* Ballet III (ages 10 over): \$60

6:30 - 7:30 pm.

* Ballet IV / Advanced (age 12 over)

\$60. Tuesday, 5:45 - 6:45 pm.

* Pointe / Advanced (age 12 over)

\$15. Tuesday, 6:45 - 7:45 pm.

• Creative Movement / Pre-Ballet

(ages 3 - 4): \$45

Tuesday, 4 - 4:30 pm or 5 - 5:30 pm.

• Jazz

* Introduction to Jazz (ages 6 - 9): \$60

Wednesday, 4 - 5 pm.

* Jazz Technique (ages 10 over or by audition): \$60

Wednesday, 5:15 - 6:15 pm.

• Lyrical (Advanced)

• Taekwondo Class

Move to the Yano Fitness Center.

ICEE
Please give us your
ADVICE
Interactive Customer Evaluation
We are listening!
Good or Bad, we'd like to know!
Make your input online at the US Army Garrison, Japan ICE site and enter to win a prize! Drawing held at the monthly Community Night.
<http://ice.dtsa.mil/index.cfm>

The Military Child Education Coalition
Presents...

Preparing for the Journey: What Every Parent Should Know

A Parent to Parent Workshop*

FREE!

Camp Zama

Session Topic:
Preparing for the Journey: Give Your Children a Head Start on the Road to Academic Success

9 February 2010

9 am - noon
Camp Zama
Community Club
6 - 9 pm,
John O. Arnn
Elementary

Reservations:
school.liaison@
zama.army.mil,
DSN 263-3241,
81-46-407-3241

Continental
Breakfast
Available
8 - 9 am,
Cost \$4

The process of building a foundation for reading and language begins at birth. Parents of children from birth to five years of age will come together to explore facts about early learning and to develop a plan to build literacy, science, and math activities into the fun activities that they do around the house with their young children. Kindergarten readiness will also be addressed.


Participants will receive the Military Child Education Coalition book, Chart Your Course: Preparing for the Journey, along with other early literacy resources.

The MCEC's Parent to Parent
• empowering parents to become their child's best advocate

www.MilitaryChild.org

254.953.1923 - 909 Mountain Lion Circle, Harker Heights, TX 76548 - CFC #10261

*Military Child Education Coalition®, "MCEC®," "Parent to Parent™" and associated trademarks and design elements are owned by the Military Child Education Coalition. © 2008 Military Child Education Coalition. All Rights Reserved.



■ Chapel Activities • 263-4898

CATHOLIC SERVICES

Mondays - Fridays, noon, daily Mass, Blessed Sacrament, Chapel

Sundays, 9:15 am, Mass, Zama Chapel.

Sundays, 10:45 am, CCD, Religious Education Center.

1st Friday, 7 pm, MCCW meeting, Zama Chapel

2nd and 4th Tuesdays, 5 pm, MCCW Book Club, SHA Chapel.

PROTESTANT SERVICES

Sundays, 11 am, Worship Service, Zama Chapel.

Sundays, 6:30 - 7:30 pm, Youth Group (7 - 12 grades).

(A nursery is provided for children up to 36 months at Zama CDC, Bldg 502, during the time of Sunday services only).

Wednesday, Praise Team Rehearsal, Zama Chapel

SAGAMIHARA INSPIRATIONAL SERVICES

Sundays, 9:30 am, Sunday School, Sagamihara Chapel.

Sundays, 11 am, Worship Service, Sagamihara Chapel.

(Nursery services are provided for

children up to kindergarten at the Sagamihara Chapel during the time of Sunday services).

Wednesdays, 6:30 pm, Bible Study, Sagamihara Chapel.

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS (LDS)

Tuesdays, 7 pm, Tuesday Night Youth Activity, 7 pm, Sagamihara Chapel. Call Richard Smith, 046-234-9490, or Brian Howard at 263-7419.

JEWISH SERVICES

For information about Jewish services, events, and activities, please contact Duncan Adams at 263-2754 or write to duncan.adams@us.army.mil.

BUDDHIST SERVICES

(Soka Gakkai International - U.S.)

Mondays and Fridays, 7 pm, discussion, Sagamihara Chapel. Contact Mr. or Mrs. Fulford at 046-257-0613 or at forris@forrisfulford.com.

ONGOING BIBLE STUDIES

Tuesday, 6:30 pm, Bible Study, "The

Book of Hebrews", Zama Chapel Fellowship Room.

Thursdays, 9:30 am, PWOC (Protestant Women of the Chapel) Bible Study, Zama Chapel, Molly Lang at 263-7161.

Thursdays, 6:30, Bible Study, "The Mind of Christ", Zama Chapel Fellowship Hall.

Fridays, 12 noon, Korean Bible Study, Zama Chapel, the POC is Misha Triggs at 267-6531.

For more information, please call the chapel at 263-4898.

FEBRUARY SEASONAL ACTIVITIES

Wednesday, noon, and 5 pm, Ash Wednesday Mass, Zama Chapel

The Garrison Religious Support Programs offer many other religious based opportunities for you and your Family (bible studies, youth groups, men's groups, women's groups, music ministries, etc). If you desire more information, please call the Garrison Chaplain's Office at 263-4898.

The Garrison Chaplain's Office only advertises those religious activities under its auspices.

CAMP ZAMA BOSS PROGRAM

VOLUNTEERS

BOSS is always in need of volunteers to help with events, programs or to staff the Warrior Zone. For more information on how to volunteer with BOSS, check us out on the web: <http://www.japan.army.mil/crd/boss/> or contact your unit BOSS representative.

BOSS is looking for fresh new ideas to better serve you. Please send us any ideas you may have.

Meeting every other Tuesday at 4 pm in the Warrior Zone (located in Building 533). Everyone is welcome to attend!!!

BOSS WARRIOR ZONE HOURS!!!

Monday - Saturday: 6 - 8 pm
Sunday: 2 - 7 pm

For more information, call 263-3399.

We are
looking for
volunteers

Check BOSS out on our website:

<http://www.mwrjapan.jp.pac.army.mil/crd/boss/>

e-mail us at BOSS@zama.army.mil or see your unit BOSS representative for more information.

BOSS President: CPL Edward Webb

Tel: 263-5197

e-mail: edward.webbjr@zama.army.mil



■ Directory of DMWR Facilities & Additional Activities

DIRECTORATE OF MORALE, WELFARE AND RECREATION 263-7611/3690

Army Community Services Branch

■ Army Community Services 263-4357
Mon, Tue, Thu, Fri 0730-1630
Wed 0730-1500

ZAMA Golf Club

■ DIRECTOR OF GOLF 263-3694
ADMINISTRATIVE OFFICE 263-4966

(All the following golf activities are open during lunch).

Course/Starter 263-4975
Mon-Fri 0700-1700
Weekends & US / Japanese Holidays 0600-1700

Restaurant 263-7665
Mon, Tue, Thu, Fri 0630-1900
Wed 0630-1900
Weekends & US / Japanese Holidays 0530-1900

Pro Shop 263-5284
Mon-Fri 0645-1700
Weekends & US / Japanese Holidays 0545-1700

Driving Range (Unattended)
Mon - Fri Sunrise-2200
Saturday Sunrise-1930
Sun 1600-2200

Chip Inn & Snack Stand 263-5834
Mon-Fri 0800-1600
Weekends & Hol. 0700-1500

Business Division

■ ADMINISTRATIVE OFFICE 263-7935

■ BOWLING CENTER ZAMA 263-4780
Mon-Wed, Sat-Sun 1100-2200
Thu & Fri 1100-2230
Holidays Closed

■ BOWLING CENTER DEPOT 268-4954/4606
Tue - Sat 1100-2000
Sun - Mon Closed

■ ZAMA COMMUNITY CLUB
■ ADMINISTRATIVE OFFICE 263-4133

Lunch
Tue-Fri 1045-1315
Sunday Brunch 1000-1330

Cashier 263-4547
Sun-Thu 1000-2300
Fri 1000-0230
Sat 1000-0200

Catering 263-4204
Tue, Thu & Fri 0930-1730
Wed (Appts Only)

Café Roberto
Sun, Tue & Wed 1100-2300
Thu 1100-2200
Fri & Sat 1100-2300
No food service after 2200 hours

Cornerstone Game Room (no bar)
Tue-Thu & Sun 1000-2300
Fri 1000-0300
Sat 1000-0230

Firelite Lounge
Sun-Tue & Wed Closed
Thu Closed
Fri 1800-0300
Sat 1900-0230

USA Dining Room
Tue, Thu & Sun 1700-2100
Wed Closed
Fri-Sat 1700-2200

■ HOB NOB INN 267-6097

Lounge & Game Room
Sun, Mon, Tue Closed
Wed 1630 - 2300
Thu 1630 - 2100
Fri 1630 - 0100
Sat 1900 - 0100

■ SAGAMI LOUNGE 268-4954
Take Out 268-4142

Lunch (Mon-Fri) 1100-1300
Dinner (Tue-Sat) 1700-2000
Lounge/Game Room
Tue-Thu 1100-2200
Fri 1100-2400
Sat 1630-2300
Open during lunch

Recreation Division

■ CHIEF RECREATION OFFICE 263-3479
■ ADMINISTRATIVE OFFICE 263-5614
■ ARTS & CRAFTS CENTER 263-4412

Mon-Tue Closed
Wed-Thu 1300-2100
Fri 1000-1800
Sat & Sun 1000-1800

■ AUTOMOTIVE SKILLS CENTER 263-3615
Mon-Tue Closed
Wed-Fri 1300-2100
Sat-Sun 1000-1800

■ COMMUNITY ACTIVITY CENTER 263-3939
Mon-Fri 0800-2100
Sat, Sun & Hol Closed
Open during lunch

■ INTERNATIONAL TOURS 263-5273
Mon-Fri 1000-1800
Open during lunch

■ LIBRARY
Zama 263-3517

Mon-Thu 1000-2030
Fri-Sun 1000-1800
Open during lunch
U.S. Holidays Closed

Sagamihara 267-6603
Tue-Thu 1000-1900
Fri-Sat 0900-1800
Sun, Mon & Hol Closed
Closed for lunch 1400-1500

■ OUTDOOR RECREATION 263-4671
US Holidays Closed
Vehicle/Equipment Rental & Leisure Travel Services
Mon-Fri 0900-1730
Sat-Sun 0800-1600
Open during lunch

Animal Boarding Kennels 263-5915
Mon-Fri 1000-1700
Sat-Sun 1000-1600
Closed for lunch 1230-1330

Hardy Barracks Lodging 229-3270
Kure Lodging 256-2580

■ POOLS 263-3348
YANO 263-5037

Mon-Fri 0600-1900
Sat-Sun, Holidays 1000-1800
SHA (Summer) 263-5656/267-6122
Wed - Sat 1030-1800
Sun 1200-1800
Mon, Tue Closed

DEPOT (Closed)
■ SPORTS/FITNESS CENTER 263-4664

Zama 263-3954
Mon-Fri 0530-2100
Sat-Sun, Holidays 1000-1800
Sagamihara 263-3954/267-6762
Mon-Sun Open 24 hrs
Depot 268-4729
Mon-Sun, Holidays 0930-1830

Support Services Division

■ DIRECTOR 263-4273
■ ADMINISTRATIVE OFFICE

Child, Youth & School Service Division

■ CHILD, Y&SS COORDINATOR 263-8086
(All the following CDC facilities are open during lunch.)
Parent Central Services 263-4125 263-4743

Mon-Fri 0800-1700
Family Child Care 263-4743 263-4125 267-6564

Sagamihara CDC
Mon-Fri 0530-1800

Zama CDC 263-4992
Mon-Fri 0530-1800

■ YOUTH SERVICES
Zama Youth Center 263-4500

Mon-Thu 1430-2000
Fri 1430-2200
Sat 1200-2200
Sun 1200-1700

School Age Services (SHA) 267-6317
Mon-Fri 0630-1800

Youth Sports 263-5437
Mon-Sat 0900-1800
Open during lunch

School Liaison Office 263-3241

Zama Lodging

■ ADMINISTRATIVE OFFICE 263-3293
Reservation Desk 263-2775
Front Desk 263-3830
Open 24 hours/7 days a week

USAG-J Okinawa MWR

■ MWR OFFICE 644-5396
■ ADMINISTRATIVE OFFICE 644-4270

■ ARMY COMMUNITY SERVICE

Director 644-4110
Relocation Coordinator 644-4385
Mob-Dep/IVC 644-4116
Financial Readiness/AER 644-4378
Family Advocacy Program 644-5919
Victim Advocate/SARC 644-4908
AFTB/AFAP Program 644-4743
EFMP Program 644-4106
ACS FAX 644-5918
School Liaison Office 644-4703

■ ARTS & CRAFT CENTER 644-4303
Lobby 644-4706

■ AUTOMOTIVE SKILLS CENTER 644-5612

■ CORAL COVE COMMUNITY CLUB
Business Manager 644-4256
Lounge 644-4306
Cashier Cage 644-4426

■ LIBRARY 644-4468
Staff Room 644-5335

■ MARKETING 644-4495
Commercial Sponsorship 644-4665

■ SPORTS / FITNESS 644-4334
Sports / Fitness 644-4389

■ OUTDOOR RECREATION
Scuba Locker 644-4795
Retail Sales 644-4290
Equipment Issue 644-4263
Beach Rental Office 644-4659
Cabin Reservation 644-4659

011-81-611-744-4659

Kure Harbor Club

■ MWR Office 256-2580 256-2581

0800-1630
■ Outdoor Recreation 256-2575

0900/1700
■ Dining Room

Mon-Fri (Breakfast) 0700-0830
Mon-Fri (Lunch) 1130-1300
Tue-Sat (Dinner) 1630-2000

■ Bar Mon 1630-2000
Tue-Sat 1630-2200

■ PX / CLASS 6
Mon-Fri 0900-1730
Sat 1130-1530

Valentine's Day Gourmet Dinner

Sunday, 14 February, 6-9 pm
Eda's Dining Room

Menu

Amuse-Gueule
Assorted Chef's Petty Hors d'oeuvres

Appetizers

Roasted Lamb with Saikyou Miso & Blue Cheese Sauce

Soup

Consomme Royale

Salad

*Wild Mixed Green Salad on Smoked Mozzarella Cheese
& Sun Dried Tomatoes Rolled Fillo
Sherry Vinaigrette*

Poison

*Poeler Red Snapper Sauce Beurre Blanc & Sauce
Bordelaise*

Viande

Filet Mignon Steak w/ Sauce Madere

Dessert

Chocolate Classique

\$55 Per Person \$100 Per Couple
Limited Seating

For more information, please call 263-4547



take her to dinner...take her to dinner...take her to dinner...

8 FEB '10 (Mon) • Doors Open at 7 am – Kickoff at 8:15 am • Zama Community Club

SUPER BOWL PARTY

KLIV

"ADULTS ONLY"

SPECIAL APPEARANCE BY THE "HOUSTON TEXANS" CHEERLEADERS

IT'S ALL FREE including a fantastic breakfast buffet starting at 7 am and delicious mid-morning snacks courtesy of the Camp Zama Community Club.

"COME EARLY"!!! FOUR (4) DOOR PRIZES WILL BE GIVEN AWAY PRIOR TO KICKOFF.

Also, the first 100 people in line will receive an **OUTBACK STEAKHOUSE** appetizer coupon.

**** The entertaining **"HOUSTON TEXANS CHEERLEADERS"** will dance prior to kickoff and also at halftime. **BRING YOUR CAMERA**----the cheerleaders will be autographing their pictures and will also be available for photos.

SPECIAL DRAWING FOR MILITARY PERSONNEL

** Two drawings will be held --- one for a "Queen" of the 2nd quarter, and one for a "King" of the 4th quarter. Each winner will sit with the cheerleaders as their "Special Guest" for the quarter and receive four(4) special prizes.

PLUS, WIN GREAT DOOR PRIZES: (YOU "MUST" BE PRESENT TO WIN)

- ** Three (3) digital cameras (courtesy of DyDo)
- ** Two (2) Blackberrys (courtesy of Research In Motion)
- ** Official NFL footballs with all 32 team logos (courtesy of Coors)
- ** Two (2) NFL merchandise packages (courtesy of Coors)
- ** Two (2) pairs of Tokyo Disney tickets (courtesy of the Walt Disney Company)
- ** 42" Panasonic Plasma Full HD television (courtesy of Budweiser)
- ** Sony 15" Notebook (courtesy of Exchange New Car Sales)
- ** ¥5,000 food coupons from OUTBACK

All winners receive an Outback "bloomin onion" coupon.

GRAND PRIZE DRAWING:

Two (2) roundtrip airline tickets to **SINGAPORE** (courtesy of United Airlines)
For additional information, please phone 263-5995

**GRAND PRIZE
TWO AIRLINE TICKETS
TO SINGAPORE**



MWR COMMERCIAL SPONSORSHIP thanks our sponsors for supporting the Camp Zama community.

“See the Bugle for the advertisement”.